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Minivan takes plunge into shallow canal

INVESTIGATION A Chevy Venture minivan plunged about 10 feet into the near-empty Rideau Canal yesterday afternoon.

At 4:40 p.m., a vehicle was travelling on Colonel By Drive between Clegg and Seneca streets when it ended up in the Rideau Canal.

The canal was still fairly empty, said Ottawa police Const. J.P. Vincelette.

"It's still at the low level. The water is knee-deep at most."

"It was a bit extraordinary."

The male driver was able to get out of the vehicle by himself, but his passenger required assistance. Neither suffered serious injuries.

Police continue to investigate the incident.

TRACEY TONG/METRO OTTAWA

EARTH DAY: APRIL 22
GoGreen

In honour of Earth Day on Wednesday, Metro is providing you with ways you can go green and lessen your environmental footprint.

TODAY
HEALTH. Greening your sex life: Some eco-friendly ways to make love better. Page 9.
ENTERTAINMENT. How the music industry is going green. Page 11.
EARTH DAY
GOING GREEN. Metro marks Earth Day with its special Green issue.
MOVIES. We have a review of the Disney film Earth.

In honour of Earth Day, Metro Ottawa will be published on recycled paper every day this week.

4/20 Toke on the Hill



A Gatineau resident who identified himself as "Mike" smokes an oversized joint on Parliament Hill yesterday during the annual 4/20 celebration. Thousands of revellers and marijuana activists gathered yesterday to light up at exactly 4:20 p.m.

Listen on Lansdowne

More than 50 delegations address councillors on stadium plan

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Motions coming to city council tomorrow could see the city enter into a sole-source partnership with the Ottawa Sports and Entertainment Group to redevelop Lansdowne Park, but proponents of that stadium plan are not celebrating just yet.

"I would have liked to have had some sense from councillors where they stood," said Roger Greenberg, chairman and CEO of

Minto Developments Inc., speaking on behalf of the Ottawa Sports and Entertainment Group (OSEG) after yesterday's joint meeting of the city finance and planning committees.

"We'll all have to be patient and wait and hope that council will emerge from the debate Wednesday with a clear direction."

More than 50 public delegations addressed councillors during the 12-hour meeting, including OSEG and Ottawa Senators Sports and Entertainment (SSE) chief operating officer Cyril

Redevelopment

• College Ward Coun. Rick Chiarelli admitted that the sole-source partnership may not be the perfect solution, but "the reality is that there is only one group that has come forward with a reasonable and solid offer to help us deal with Lansdowne Park."

Leeder.

The motions would set a number of conditions on any developments at the park including a 60-day ne-

gotiation deadline, no housing component or big box stores and a guarantee that the city's contribution not exceed an amount that would increase the overall cost to the taxpayer.

There is also a motion to work with SSE to help it secure a Major League Soccer franchise, but Leeder interpreted the events of the meeting to indicate that a Kanata stadium is not the preferred option.

Leeder said he would have to discuss with Senators owner Eugene Melnyk before taking their next step.

CanJet hostage drama ends peacefully

JAMAICA A would-be hijacker surrendered to authorities yesterday after agreeing to free the last of more than 180 hostages he seized hours earlier aboard a Canadian charter jet in Montego Bay, Jamaica.

The suspect, armed with a .38-calibre revolver and described as "a troubled young man," surrendered peacefully to heavily armed police and soldiers who stormed the CanJet plane he had commandeered at Sangster International Airport in the Caribbean nation's prime tourist resort, officials said.

The man, identified by police as Stephen Fray, a Montego Bay resident, had demanded to be flown to Cuba after breaching security about 10 p.m. Sunday to force his way aboard the CanJet charter.

A shot was fired as the hostage drama unfolded but no one was wounded, a senior police official said.

CanJet said the incident aboard Flight 918, involving a Boeing 737-800 aircraft with 182 passengers and crew, occurred after it made a scheduled landing in Montego Bay en route from Halifax to Cuba.

It came as Prime Minister Stephen Harper was in Jamaica following his attendance at the Summit of the Americas.

REUTERS

Hostages freed from a CanJet flight in Jamaica recount their experience: VIDEO at metronews.ca/canada

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Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

A six-year-old boy suffered serious injuries after a collision involving a minivan Sunday evening. Ottawa police said the child was riding his bicycle near the intersection of Courtenay and Keenan Avenues when he entered the intersection and struck the side of a minivan. No charges are expected. **METRO OTTAWA**

Local



Retailers prep for Earth Day

In celebration of Earth Day tomorrow, local retailers are jumping on the environmental bandwagon. In an effort to reduce the environmental impact of plastic shopping bags, Ottawa Loblaw stores will begin charging five cents per bag requested. In the meantime, Bayshore Mall will be turning off all non-essential systems, including non-essential lighting, on the property tomorrow.

METRO OTTAWA

metronews.ca

What's online today.

Video Hostages freed from a CanJet flight in Jamaica recount their experience at metronews.ca/canada

Blogs Kenya Hunt takes note of the latest person to embrace Michael Jackson fashion: Michael Jackson

Lotteries

Ontario Pick 3: 1 7 8; Ontario Pick 4: 4 0 6 5
Encore: 2 6 5 2 0 1 6
Daily Keno: 5, 8, 10, 16, 20, 21, 27, 29, 30, 36
38, 40, 41, 44, 47, 51, 53, 55, 56, 58
These results are not official.

Groups show solidarity with pro-Tamils

TRACEY TONG
tracey.tong@metronews.ca

With between 10,000 and 25,000 pro-Tamil supporters expected on Parliament Hill today, several groups have indicated their solidarity with the protesters.

"We're here to express solidarity with the cause," said Christine Jones, co-chair of the Canadian Peace Alliance, who spoke alongside representatives of the Student Federation of the University of Ottawa and the Canadian Federation of Students Ontario on Parliament Hill yesterday.



Seamus Wolfe, left, of the University of Ottawa's Student Federation, announces the organization's support for the Tamil-Canadian protesters' cause at Parliament Hill yesterday.

day. "This is not just a Tamil-Canadian issue," said Jones. "This is an issue for

all Canadians. This is a human rights issue. This is about genocide and a right to life and rights to educa-

tion. This is about the Sri Lankan government being able to perpetrate crimes against its own people."

The Canadian government must press for an immediate ceasefire in the decades-long war in Sri Lanka, said Jones.

The groups hoped to bring the issue to the attention of Parliamentarians and Canadians citizens and are asking the Canadian government to recall its high commissioner in Sri Lanka. They are also asking the Sri Lankan government to allow access to journalists and humanitarian aid workers.

MORE COVERAGE, PG 4

News in brief

CULTURE West coast fever will be taking over the nation's capital when BC Scene rolls into town today. The best of British Columbia's art and culture — including more than 600 performers and 90 events spanning music, theatre, visual arts, dance and culinary arts — will be at a variety of venues such as City Hall Art Gallery, Library and Archives Canada and The National Gallery of Canada through May 24.

FOOD DRIVE In an effort to fill the Ottawa Food Bank's shelves, representatives of Ottawa residential rental companies and volunteers will collect non-perishable food donations from tenants for the Spring Hope Tenant-Landlord Food Drive today. **METRO OTTAWA**

INFORMATION FEATURE

Anxious? You can get help



Anxiety can be a powerful force in a child's life, says Kids Help Phone counsellor Aren Vandelden.

ANXIETY Living in an adult world can leave some kids with a powerful sense of anxiety but help is often just a phone call away.

Aren Vandelden, a counsellor with Kids Help Phone, says what makes anxiety such a powerful negative force in a child's life is how prevalent it is in almost any part of life.

"Anxiety is connected to so many issues. It's connected to mom and dad fighting. It's connected to bullying, it's connected to addiction and abuse. It's the cause of many behav-

"Anxiety can have a profound effect on mental health and family relationships. Often, kids fall between the cracks."

Kids Help Phone counsellor Aren Vandelden

iours and the consequence of many behaviours as well," Vandelden said.

Anxiety can be a complex problem for kids to deal with because often children don't understand what's making them feel the way they do and they are afraid to talk about it. "At home, often kids feel

they cannot talk about their anxiety so they're left alone at a time and age when they're not able to navigate it," Vandelden said.

The consequences of anxiety can lead to lowered grades, lowered self-esteem, depression and problems with friends and

Kids Help Phone

• To reach Kids Help Phone, call 1-800-668-6868.

family.

"Anxiety can have a profound effect on mental health and family relationships. Often, kids fall between the cracks," Vandelden said.

When it comes to kids,

no individual case of anxiety is exactly the same as any other but common threads can be found, particularly in relationships, Vandelden says. While older kids may tend to experience a different set of anxieties than younger ones, any child can feel debilitated by anxiety. "Older teens are worried because of the pressure usually put on

them to get bet-

ter grades and get into the right school. Younger kids are worried because they see their parents under pressure and fighting," Vandelden said.

The most important message kids need to hear is that no matter what's causing their anxiety, there are effective ways to deal with their anxiety and getting help from a counsellor is a great place to start.

"Anxiety is manageable but keeping it to yourself keeps you in that situation. At Kids Help Phone we can help kids interpret what's happening and find a way to express them-

selves," she said.

Vandelden hopes more kids in difficult situations will pick up the phone to seek help. "I always commend kids on the fact that they reached out and talked.

The goal is to be able to cope with anxiety and look for support," Vandelden said.



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Canada/World

Female jumpers get day in court

VANCOUVER
2010 Games

KRISTEN THOMPSON
Metro Canada

OLYMPICS In a way, it's a catch-22 that's keeping the world's top female ski jumpers from getting to compete in the 2010 Olympics, the lawyer representing 15 jumpers argued in B.C. Supreme Court yesterday.

Ross Clark, who was speaking during the first day of a discrimination hearing against VANOC, said generations of girls have been discouraged from pursuing a career as ski jumpers because their sport has never been recognized in the Olympics.

In 2006, the IOC voted against including women's ski jumping in 2010, saying there haven't been enough world championships, and there aren't enough competing women to justify the sport's inclusion.



American ski jumper Lindsey Van, centre, flanked by Canadian jumper Zoya Lynch and Women's Ski Jumping USA president Deedee Corradini, outside B.C. Supreme Court yesterday.

"Historical prejudices have meant there were few competitions, but it's the lack of competitions that the IOC is using as its justification for barring the women," Clark said. "This is a hurdle they can't overcome through athleticism and determination."

Without the Olympics as a goal, there's less incentive for women to train at an elite level, added American jumper Lindsey Van, in response to the IOC's argu-

ment that there aren't enough women competing in the sport.

It was that sense of discouragement that pushed Whistler-based jumper Zoya Lynch to retirement this year.

"It was too hard to balance training and fighting the biggest sport organization in the world," Lynch, who is still a plaintiff, said. "If they don't allow women to compete (in 2010) a lot of (other girls) will drop out."

NAFTA can be tweaked, U.S. says

TRADE It is not necessary to renegotiate the North American Free Trade Agreement to honour Barack Obama's promise to add stronger labour and environmental provisions, a top U.S. trade official said yesterday.

The statement was the latest indication that Obama would not press for a full-fledged renegotiation of the trade accord.

REUTERS

News in brief

POLITICS NDP Leader Jack Layton says the Tory government owes it to Canadians to cushion the recession's devastating blow by making improvements to Employment Insurance.

TORSTAR NEWS SERVICE

Possible side-effects of texting

STUDY Is instant messaging, texting and twittering making us mean?

This was the question swirling in the wake of a study by the Brain and Creativity Institute at the University of Southern California that showed the brain needs eight seconds to register social pain or virtue and produce related emotions.

Whereas physical pain, says researcher Mary Helen Immordino-Yang, is recognized almost instantly. While the study — released yesterday by the National Academy of Sciences in its Online Early Edition — did not look at instant messaging, Immordino-Yang acknowledged that its findings on the time lapse to register compassion might

"A young child may not know the social implications of what they are doing."

Mary Helen Immordino-Yang

apply to the field of rapid communication.

"What it suggests is that we should think seriously about certain kinds of media exposure," she said. "A young child may not know the social implications of what they are doing and seeing."

TORSTAR NEWS SERVICE



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@metroottawa

Anti-Israel speech at UN prompts walkouts

Iranian President Mahmoud Ahmadinejad prompted a rare walkout at the United Nations yesterday when he called Israel a "cruel and repressive racist regime" at a conference on race.

UN Secretary-General Ban Ki-moon deplored the address which prompted dozens of delegates to leave their seats, further undermining the summit, which several Western powers are boycotting.

Their absence left Ahmadinejad, who has in the

past cast doubt on the Holocaust, in the spotlight as the only head of state attending.

"Following World War Two they resorted to military aggressions to make an entire nation homeless under the pretext of Jewish suffering. And they sent migrants from Europe, the United States and other parts of the world in order to establish a totally racist government in the occupied Palestine," he said.

"And in fact, in compen-

Absent nations

• Canada and Israel said months ago they would sit out the Geneva forum. The U.S. said last week it would not attend, prompting Australia, New Zealand, Italy, Germany, Poland and the Netherlands to follow suit.

sation for the dire consequences of racism in Europe, they helped bring to power the most cruel and repressive racist regime in Palestine."

REUTERS



A demonstrator is carried away as Iran's President Mahmoud Ahmadinejad addresses the Durban Review Conference on racism at the United Nations European headquarters in Geneva yesterday.

Military gives Tamil Tigers 24 hours to surrender

SRI LANKA Sri Lanka yesterday gave the Tamil Tigers 24 hours to surrender after troops breached a huge earthen defence and unleashed an exodus of tens of thousands of civilians held there by the rebels, the military said.

Sri Lanka's quarter-century separatist war has come down to a tiny strip of coastline, where the Liberation Tigers of Tamil Eelam (LTTE) are making a last

stand while urging a ceasefire to protect civilians they refuse to free.

With so many civilians now outside the 17-square-kilometre no-fire zone, Sri Lanka warned LTTE chief Vellupillai Prabhakaran to surrender or face a military showdown. The military has previously given such ultimatums to the LTTE and it was unclear if passage of the deadline would mean immediate attack.

REUTERS

News in brief

SOMALIA Gunmen have demanded a \$1-million ransom for the release of three aid workers taken over the weekend in Somalia. MSF in Brussels confirmed that two male doctors from Belgium and Holland were kidnapped. A local MSF worker said a Somali employee had also been taken.

IRAN The lawyer representing Roxana Saberi, an Iranian-American journalist jailed by Tehran for espionage, said yesterday he was optimistic she would be acquitted on appeal.

REUTERS



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OTTAWA'S NEWS LEADER

Union asks Obama to curb tire imports from China

The United Steelworkers union filed a petition yesterday asking President Barack Obama to restrict tire imports from China that they said were destroying the U.S. tire industry. **REUTERS**

5

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

TSX tumbles 3.3%

Oil, new U.S. bank worries spook market

Toronto's main stock index tumbled more than three per cent yesterday as investors fled the market amid a sharp drop in the price of oil and new concerns over the vitality of U.S. banks.

Nine of the TSX's 10 sectors fell, including the heavily weighted energy and financials groups, which dropped 6.5 per cent and 5.1 per cent, respectively.

The resource-rich materials group was the sole winner, adding 2.7 per cent on the day as investors sought out gold, which is considered a defensive investment.

The S&P/TSX composite index fell 311.50 points, or 3.3 per cent, to close at

Dollar down

- The Canadian dollar finished yesterday at \$80.74 US, its lowest level against the U.S. dollar in a week, as investors flocked to the greenback ahead of a Bank of Canada interest rate announcement today.

9,126.15.

Bruce Latimer, a trader at Dundee Securities, said it should be remembered that the day's drop, albeit sharp, comes after six straight weeks of gains for the Toronto benchmark index.

"Most people I talk to are still in a fairly positive frame of mind," he said, adding that before yester-

day, "the market has had a good bounce off its bottom without any significant pullback."

However, new concerns began to swirl around the health of U.S. banks yesterday after Bank of America Corp. reported a surge in troubled loans, which overshadowed its better-than-expected earnings.

Bank of America shares plunged, taking with them much of the financial services sector both in Canada and the United States.

Energy issues also retreated, driven lower by a drop in the price of oil to \$45.88 US a barrel. EnCana gave up 5.1 per cent to \$52.58 Cdn and Suncor Energy dropped 7.7 per cent to \$28.90. **REUTERS**

GM to cut 1,600 positions in U.S.

AUTO General Motors Corp. is cutting about 1,600 salaried jobs in the United States this week as it rushes to meet a June 1 deadline to restructure under U.S. government oversight, the automaker said yesterday.

The reductions are part of GM's plan to slash its global salaried work force by about 10,000, or 14 per cent, in a bid to cut costs. GM also aims to cut 37,000 hourly jobs worldwide by the end of the year.

The 1,600 employees will be separated effective May 1, GM said. **REUTERS**

In brief

TECH Oracle Corp. plans to enter the computer hardware market by buying Sun Microsystems Inc. for more than \$7 billion US, swooping in after Sun's talks with IBM fell apart. The deal would make Oracle the world's fourth-largest maker of servers. It is already the world's No. 2 maker of business software.

MADDOFF A U.S. judge blocked the transfer of the personal wealth of swindler Bernard Madoff and his wife because it could be subject to forfeiture as various parties compete to lock down the assets for distribution to defrauded investors. **REUTERS**

Music Editing on the go



Pilotfish, which makes advanced concept phones, pictured above, yesterday unveiled plans to make an advanced music phone, hoping to tap untapped demand for music editing on the go. Pilotfish said its concept will enable recording of three sound tracks and editing by twisting and bending the phone.

Coffee battle brewing

COMPETITION If you haven't tried McDonald's coffee in recent years, the company is hoping you'll give it another shot.

In a bold move that promises to heat up the morning coffee wars, McDonald's is offering customers a free morning coffee every day for the next two weeks.

That's a savings of about \$1.22 per cup, including tax, on a 10-ounce cup.

With Canadians drinking 36 million fewer cups of coffee in the last 12 months, the battle for a larger share of a declining

coffee market is heating up.

The promotion is clearly aimed at turning up the heat on market share leader Tim Hortons Inc., Perry Caicco, a financial analyst with CIBC World Markets, wrote in a note to clients.

Given that 60 per cent of Tim Hortons' sales are in the morning, and more than 50 per cent of those sales are coffee, the McDonald's giveaway could hurt its performance this quarter, Caicco cautioned investors.

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EDITOR: NINA.DRAGICEVIC@METRONews.CA



SmartCookies



Parking tickets are a huge source of revenue for cities and private companies — not to mention a huge source of frustration for you and your bank account.

While you're required by law to pay tickets from the city, we wanted to find out if the same rules applied if you received a ticket while parking in a private lot. Here's what we discovered.

When you enter a lot, there will be posted terms and conditions. These terms and conditions will usually state that by driving into the parking lot, you agree to these provisions.

Essentially a contract is formed between you and the parking lot company. If you choose not to pay the ticket, you should be aware of the repercussions, such as the company suing you for breach of contract or passing your debt on to a collections agency.

If you dispute the ticket, because you don't agree with certain terms and conditions that were posted in the parking lot, then theoretically a collections agency is not allowed to report your unpaid debt to credit agencies. That's a good thing, because it means your credit score will not be affected while you are trying to sort the matter out.

But keep in mind, there are some cities in which collections agencies are not restricted in the same rules, and may in fact pass on your unpaid debt to a credit agency. Once this

Here's the ticket to save

In private lots, you might get leeway with parking tickets



Parking tickets are a huge frustration for your bank account.

happens, it can be difficult to have your record wiped clean, so it's worth checking this out in advance.

There is always the possibility that you may be able to negotiate a ticket. An argument that you can make is that the terms and conditions weren't clearly posted when you were parking, so you actually didn't know what you

were yourself getting into. Another possible legal argument is that because the fine on the ticket is so disproportionate to the lot's hourly charge, the contract should not be enforced.

We would encourage you to at least contact the parking lot company and put them on notice that you're disputing the ticket and attempt to negotiate

something.

You never know whether or not you're going to be successful but it's worth a try. Private lots can be individually owned so the amount of wiggle room you have will depend on the company. When dealing with customer service, be polite but persistent.

Just a few weeks ago, one of the Smart Cookies attempted to have a parking ticket reduced. At first, the private lot parking company was not receptive to her request. However, our Cookie was persistent and, lo and behold, the ticket price was reduced from \$60 to \$15. That's definitely worth a five-minute phone call.

Have a tip for the Smart Cookies? Email us at smartcookies@metronews.ca. Visit smartcookies.com or pick up Smart Cookies Guide to Making More Dough for more on saving

and smart spending.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

MoneyMatters



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Comment & Views

Comment

Down with dinosaurs

NationalReport



"We saw the replacement of confrontation with dialogue." That was Stephen Harper lauding the work of U.S. President Barack Obama at the Summit of the Americas in Trinidad and Tobago. It marked the opening of "a new era," the prime minister said.

The president had just made overtures for new relations with Cuba and opened dialogue with another vaunted American enemy, Hugo Chavez of Venezuela. This summit followed Obama's previous extension of an olive branch

"The prime minister was wise to salute the new Obama approach. Best to leave behind any Jurassic Park ties ..."

to axis of evil member Iran. Along the way, just for good measure, the president threw in a plan to rid the world of nuclear weapons.

What is transpiring is startling. Compared to the dark ages of George W. Bush and Dick Cheney, a starker contrast could hardly be possible. President Obama is a one-man dinosaur wrecking crew. Redneck Republicans don't know what has hit them. Confrontation was their modus-operandi. Animosity toward the United States was the result.

At the summit Obama noted how he was criticized for wanting to talk to enemies because it would be seen "as a sign of weakness." But, as he said, the American people didn't buy

this line of thinking. "And there's a good reason why they didn't buy it — because it doesn't make sense."

His new era of enlightenment is all the more important because there are signs that others could become a part of it.

It has frequently been noted how our own prime minister has hurt himself with his negative and excessively combative approach, a major example being the crisis he touched off in the fall over his budget update. It brought down hell on him.

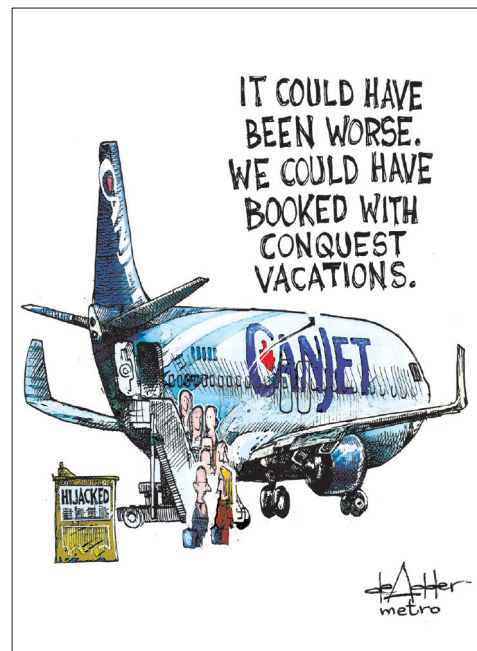
But here was Harper in Port of Spain singing the praises of dialogue and singing yet again the praises of a liberal president. He was suddenly

welcoming the opening to Cuba, which is surprising for a Conservative of his ilk and took no issue with the warmth shown to Chavez.

Harper has a long way to go before he can talk of himself as a champion of diplomacy. On Russia and the Middle East he has taken a confrontational approach. On China he is only now awakening to the importance of building relations. On Guantanamo he has been silent, on nuclear proliferation, the same.

But you get the sense the new president may be having a significant impact on Harper, softening the rough edges, broadening his mind. On the weekend the prime minister was wise to salute the new Obama approach. Best to leave behind any Jurassic Park ties and get on board the big new train.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Metro Online Poll Results

81%
SAID
YES

If you're a spring grad, are you concerned about job prospects?

19%
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NO

Weigh in on today's question at metronews.ca

Views

Canadian government needs to follow in U.S. cap-and-trade steps

NoBorders



U.S. President Barack Obama's proposed 2010 budget makes it clear he intends to achieve significant progress on climate change and clean energy, despite the formidable economic crisis.

The president had signalled his seriousness

throughout his campaign and then with his cabinet appointments. His budget now includes a wide range of concrete steps toward reducing dependence on oil; makes huge investments in clean technology, renewable energy and energy efficiency; increases the budget of the Environmental Protection Agency by 35 per cent; and generally aims at switching the transportation system to electric vehicles while increasing fuel economy standards in gas-powered vehicles.

Predictably opposition in

Congress is gearing up for battle, hysterically projecting enormous increases in gas prices at the pump and retail electricity rates, and calling the cap-and-trade proposal to reduce CO2 emissions, "a tax on everything." Sound familiar?

Whatever the outcome, Obama's bold national leadership on climate change, and his determination to proceed, is unambiguous and genuine. And he will use his exceptional ability to connect with Americans over the heads of his opposition.

EARTH DAY: APRIL 22

Go
Green



Contrast Harper's approach to climate change and clean energy — the antithesis of bold national leadership, transparency, and constructive debate bringing Canadians together.

While Obama champions an effective national cap-and-trade system that sets hard caps on carbon emissions, Harper silenced any intelligent discussion during the last election and pro-

duced an anemic plan for intensity targets applicable only to large industrial emitters that is justly ridiculed for allowing emissions to rise with production levels. His recent budget lacked any serious environmental focus, notably with respect to renewable energy and energy efficiency.

The federal government is so missing in action Ontario and Quebec have now joined Manitoba and British Columbia to extend caps on CO2 emissions beyond large industrial emitters as part of the California-led West-

ern Climate Initiative. Regional tensions, real or imagined, simmer and rise to fill the void left by the absence of national leadership.

Bold national leadership, transparency and constructive debate seem to be too much to hope for in Canada. No wonder so many Canadians look enviously at the U.S. and are cheering Obama on.

Deborah Coyne ran as a Liberal candidate in the 2006 federal election and is a public policy consultant who runs canadianswithoutborders.blogspot.com. Contact dmc Coyne@rogers.com.

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaleaders@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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NEWS

OTTAWA'S WEATHER LEADER

Ethiopia's Deriba Merga won the men's portion of the Boston Marathon yesterday, while Kenya's Salina Kosgei won the women's. Canada's Diane Roy was second in the women's wheelchair race. **METRO NEWS SERVICES**

Sports

EDITOR: JOHN.CHICK@METRONWS.CA

Safina takes over No. 1

Russia's Dinara Safina officially took over the top spot on the WTA Tour yesterday, making her and older sibling Marat Safin the only brother-sister duo to have been No. 1 in professional tennis. Safina replaced Serena Williams at the top, even though the American beat her in the Australian Open final this year.

METRO NEWS SERVICES

Bruins put Habs on ropes

STANLEY CUP 2009 Playoffs

Michael Ryder continues to haunt his former club, netting the game-winner late in the second period, as the Boston Bruins grabbed a stranglehold of their Eastern Conference quarterfinal series with a 4-2 win over the Montreal Canadiens last night.

Phil Kessel, Shawn Thornton and Chuck Kobasew also scored for the top-seeded Bruins, who have won the first three games of this best-of-seven series and will look to complete the sweep tomorrow night in Montreal.

Tim Thomas earned the victory with a 23-save effort for Boston, which has not topped Montreal in a playoff series since 1994 and last

swept the Habs in a four-game triumph in 1992.

Capitals 4 N.Y. Rangers 0

Alexander Semin tallied twice and Simeon Varlamov posted his first career shutout in his second career playoff start, as the Washington Capitals downed the New York Rangers 4-0 in Game 3 of their Eastern Conference quarterfinal series at Madison Square Garden.

Brooks Laich and Tom

For a recap of Game 3 of the Blackhawks/Flames series, visit metronews.ca

Poti contributed power-play goals for the Capitals, who rebounded after dropping the first two games of the series at home.

Nicklas Backstrom added three assists and Alex Ovechkin posted a pair of helpers for Washington.

METRO NEWS SERVICES



Saku Koivu of the Canadiens watches the puck go through the crease on a shot by P.J. Axelsson of the Bruins last night.

Allen caps Boston's big day with trey

NBA 2009 Playoffs

Ray Allen's three-pointer over Joakim Noah with two seconds remaining lifted the Boston Celtics to a 118-115 win over the Chicago Bulls in Game 2 of their Eastern Conference quarterfinal series.

The shot and the win helped save the series for

Boston, which had lost Saturday's Game 1 in overtime and risked going in a 2-0 hole with the series moving to the Windy City. Now the matchup is tied at a game apiece, with Game 3 scheduled for Thursday in Chicago.

Allen finished with 30 points, shooting 6-for-10 from three-point range, as well as five assists and no turnovers.

It was a remarkable performance considering he shot 1-for-12 in Game 1, ended with four points, and missed the potential game-saving shot at the end of overtime.

METRO NEWS SERVICES

For a recap of Game 2 of the Mavericks/Spurs series, visit metronews.ca



Ray Allen is guarded by the Bulls' Ben Gordon last night.

Women feeling the heat after second-place finish

MATTHEW WUEST
matthew.wuest@metronews.ca

HOCKEY A silver medal is usually reason to celebrate, but in Canadian hockey, it puts a team under the microscope.

The senior women's team is finding out the hard way after falling to the United States in the gold-medal game at the IIHF world championship in Finland on Easter weekend.

"For a lot of nations, to get a medal at the world championship — whatever colour — they're happy," said Johnny Misley, Hockey Canada's executive vice



Canada lost to the U.S. 4-1 in the world championship gold medal game on Easter weekend.

president. "Not with us. If we don't (win gold), we're going to ask a lot of questions."

With the 2010 Olympics

around the corner, Misley is leading a review of the program to ensure it delivers on its promise as one of the country's best hopes for

gold in Vancouver.

That process occurs after every season, but Misley has taken the unusual step of setting a completion deadline of next week. If changes are necessary, they will be made before 2009-10 camp opens on May 25 in Dawson Creek, B.C.

The 4-1 loss was Canada's second straight setback in the world championship final and third in the past four tournaments. Canada, which has won gold at 11 of 15 world championships and Olympics, had outscored its opponents 30-2 coming into the game and beat the U.S. 2-1 in the round robin.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Steps to a greener sex life

Eco-friendly tips to make love good for you and the planet, too

Laurie Pawlik-Kienlen
for Metro Canada



Here are five ways to make your sex life a little more eco-friendly.

1. Go green together

When an opportunity to try something new as a couple arises, whether it's choosing a massage oil or a new toy, go "au naturel." Greening your intimate life can strengthen your relationship by giving you a fun, healthy focus in the bedroom. Simply discussing greener possibilities can spark up your love life.

2. Massage with natural oils

Numerous shops offer natural, organic massage oils and lotions. One, Naked Soapworks on Bowen Island, B.C., makes bath and body products without artificial colours, stabilizers or preservatives. "Our Kama massage oil is scented with a blend of reputed aphrodisiacs, including rose, jasmine and ylang ylang," says Naked creator Laurel Bailey.



Opt for an eco-friendly approach to sex by using organic massage oils and bamboo bedding.

3. Bask in the light of beeswax, soy or vegetable candles

Make sure your lighting is both warm and clean. "The soot from paraffin candles can cause respiratory damage, scented candles are loaded with chemicals, and the wick is likely made with lead," writes Deacon in Green for Life. "Natural

waxes burn longer, cleaner and more evenly than paraffin, without putting oily soot into the air."

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Go
Green



4. Consider your birth control

The Pill is a popular choice, but it's not a green one. "Whether from the Pill, the patch or hormone injections, synthetic estrogen makes its way into

our waterways) and has been shown to alter the apparent gender of fish," says Gillian Deacon in Green for Life. More eco-friendly birth control methods include the IUD and latex or lambskin condoms (thrown in the garbage afterwards, not flushed down the toilet).

5. Frolic on organic bamboo sheets

Bedding can be healthy as well as sensuous. The ex-

perts at TreeHugger.com, a "green solutions" website, report that bamboo bedding is softer than cotton and drapes like silk. Bamboo wicks moisture away from your skin and comes from a renewable resource that is rapidly replenished. Other eco-friendly linens include organic cotton and hemp silk.

besthealthmag.ca

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In brief

GERMS Mobile phones used by hospital healthcare workers are often contaminated with germs, including those that can cause illness in hospitalized patients, a Turkish research team reports. Dr. Fatma Ulger and others at Ondokuz Mayıs University, Samsun, swabbed the dominant hand and the mobile phones of 200 doctors, nurses, and other healthcare staff working in intensive care units and operating rooms.

WEIGHT Carrying excess weight around the middle can impair lung function, adding to a long list of health problems associated with belly fat, French researchers said recently. Abdominal obesity is already linked with diabetes, high blood pressure and heart disease.

REUTERS

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Just in time for Earth Day, Scotties facial tissue has launched the new Scotties EnviroCare, Canada's first-ever 100 per cent recycled premium facial tissue. Individual box prices range from \$1.25 to \$1.69. **METRO NEWS SERVICES**

Female-friendly porn

Films with positive sexual images for women

The J Spot

Josey Vogels

metronews.ca/thejspot

Despite the fact that The Feminist Porn Awards are about to celebrate their fourth year this Friday in Toronto, feminism and pornography still aren't exactly obvious bed partners.

The relationship may no longer be quite as hostile as it was back in 1980 when feminist author Robin Morgan famously quoted that: "Pornography is the theory and rape is the practice."

But many women still view porn as degrading to women and simply an indulgence of unrealistic male fantasies. As a result, many women have a less than warm, fuzzy feeling

about the stuff.

Granted, plenty of it is, well, less than female friendly. But, the fact is, pornography has changed a lot in recent years with one of the fastest growing market being porn aimed at couples.

An increasing number of women directors have entered the fray and brought a female perspective to what has traditionally been a male-dominated industry.

Good For Her, the Toronto-based women-friendly sex shop (goodforher.com) started The Feminist Porn Awards — known as The Emmas, named after Canadian pro-sex feminist pioneer Emma Goldman — to celebrate this.

Chanelle Gallant, the former manager of Good For Her and founder of the Feminist Porn Awards, ex-

plains that feminist porn is all about creating "sexual images that make us feel good about ourselves and about sex."

"(Feminist porn) is all about creating a fair working environment and empowering everyone involved."

Tristan Taormino, porn director

or produced by a woman and c) they had to "expand the range of female sexual expression currently seen in pornography."

For Tristan Taormino, a former Village Voice columnist turned porn director (and previous Emma award winner), feminist porn "is all about creating a fair working environment and empowering everyone involved — both men and women — to have a say in the representation of their

Winning films have to meet three criteria: a) they had to show genuine female pleasure (in other words, no faking it) b) they had to be directed



The Feminist Porn Awards celebrate films that offer a female perspective to what has traditionally been a male industry.

sexuality rather than simply having me tell them what to do."

Not every woman (or man, for that matter) has to like porn or even support its existence, I just think that those who do, deserve something better.

As I remember someone saying the first year I attended the awards: "The answer to bad porn isn't no porn, it's better porn."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Black girls more likely to be bulimic

STUDY Black girls are 50 per cent more likely to be bulimic than girls who are white, according to a U.S. study.

This finding may shock those who have a strong image of the typical girl who binges and purges to look like a Gossip Girl character.

The study blasted another myth about bulimia: It is not an illness of privilege. Girls from the lowest income families were 153 per cent more likely to be bulimic than those in the highest income bracket.

More than 2,300 girls in California, Ohio and Washington, D.C. were enrolled in the study.

CELIA MILNE/
FOR METRO NEWS SERVICE

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APRIL IS ORAL CANCER MONTH - PROTECT YOURSELF

Many of you may not be aware that April is Oral Cancer Awareness Month. Since your dentist can play such a vital role in saving your life by ensuring you receive an early diagnosis of oral cancer, this seemed like the perfect time to discuss this condition.

The fact is that so many people out there still do not visit their dentist on a regular basis. Rather than schedule periodic and regular preventative check-ups, they wait until they are in pain before booking a dental appointment.

Happily, in most instances, the source of the pain is not life threatening, though it certainly can be discomforting and require extensive treatment. Sadly, in far too many cases, the source of that pain may not be so benign.

This is the problem with oral cancer. The mortality rate is so high because it is not found at an early stage. Let's face it, other than your dentist, how often are you or anyone else looking deep into your entire mouth in search of potential early warning signs of oral cancer?

And even when you go to your dentist, a visual scan may not be sufficient. Talk to your dentist about Vizilite Plus. It is a wonderful tool to help dentists locate pre-cancerous cells at their earliest stage and BEFORE they become cancerous. We recommend screening with Vizilite Plus at least once per year.

After you have your Vizilite Plus screening and receive your clean bill of health, the key is to reduce the likelihood you will contract oral cancer over the next year. To that end, you should be aware of some of the risk factors associated with oral cancer.

It is not surprising to discover that smoking is one of the greatest risk factors. Just one more reason to try to kick the habit.

The same can be said for excessive consumption of alcohol. Moderate social drinking is not usually the concern here. It is excessive consumption that needs to be avoided.

A large percentage of oral cancer diagnoses are associated to the HPV-16 virus. In fact, a high number of such diagnoses in young people (in their 30's) are linked to HPV-16.

Oral cancer is a serious health concern. Those fortunate enough to survive this cancer are often left visibly disfigured. Yet when diagnosed at an early stage, it is highly treatable.

So take advantage of April being Oral Cancer Awareness month and book a screening appointment with a dentist. Make sure you ask about Vizilite Plus. Because screening for oral cancer is a healthy habit...and healthier habits lead to healthier lives

Dr. George Parry - Dental Surgeon

Oprah cancels Columbine show

Oprah Winfrey has pulled a show focused on the 10th anniversary of the killings at Columbine High School, telling her Twitter followers she "thought it focused too much on killers" Eric Harris and Dylan Klebold. The talk show guru didn't elaborate on the decision. **POPEATER.COM**

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Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Madge appeals

A Supreme Court of Appeal panel will convene on May 4 to hear an appeal filed by Madonna against a Malawi High Court decision to stop her from adopting a Malawian girl. **PEOPLE.COM**



Digital music revolution

The demise of the CD is having a positive impact on the environment

IAN NATHANSON
for Metro Canada

If you're a music fan with a sizeable collection of compact discs, adding to that library is threatening to become a thing of the past.

At this very moment, we're knee-deep in the age of MP3 players and digital downloading. With digital album sales on a rise, somewhere in the three million range, sales of the once-mighty CD have been on a downward spiral for much of this decade. Estimates from Nielsen SoundScan show that CD sales have dropped to 428 million. The number of CDs sold in 2004, according to Rolling Stone magazine, was 667 million.

When the CD first rose to popularity in the 1980s, it boasted several advantages to its predecessor, the vinyl record. You could play it on multiple platforms — home stereo, computer, car stereo, portable CD players. More songs could be squeezed onto a CD. A slightly scuffed disc could still be played. Plus, there was a capability of skipping from one song to another on a



According to the U.S. Environmental Protection Agency, the compact disc is made up of aluminum, polycarbonate plastic, lacquer, gold and petroleum-based dyes. The plastic jewel case, which houses the CD and its accompanying oft-glossy booklet, is non-biodegradable.

CD (try finding a "shuffle" feature on a turntable).

Convenience factor and mass demand aside, the CD wasn't wholly accepted by the public.

Environmentalists and green-conscious artists also frowned upon the CD and its packaging. As the U.S. Environmental Protection Agency (EPA) explains, the disc itself is comprised of materials that include aluminum, polycarbonate plastic, lacquer, gold and petroleum-based dyes.

And the plastic jewel case, which houses the CD

and its accompanying oft-glossy booklet, was discovered to be non-biodegradable. Eco-friendly record label Earthology points out that when these cases are no longer needed, it either "sits ... in landfills or is incinerated, which releases dioxin into the atmosphere, one of the most toxic carcinogens on the planet." The cases themselves, Earthology continues, are "made up of 85 grams of PolyVinyl Chloride (PVC). The production of these petrochemical plastics releases dangerous toxins in-

to the atmosphere."

The music industry ultimately responded to the jewel-case uproar by packaging CDs in more environmentally friendly Digipaks, jewel case alternatives made of paperboard.

It's certainly a favourite among today's Canadian indie artists.

In the U.S., major-label Universal, for instance, manufactures CDs for Jack Johnson's Brushfire Records by using recyclable plastic CD trays. The lesser-known Earthology label uses jewel cases made of 100 per cent

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recycled/reclaimed and use nontoxic soy inks. And Indianapolis-based Plastic Recycling Inc. actually recycles used CDs and jewel cases and ship these off to be transformed as auto parts.

The LP, limited a music medium as it is, at least is made of vinyl and housed in cardboard and paper sleeves — all recyclable. (For the, um, record, Rolling Stone reported that vinyl LP sales have surged upward — to around the 1.9 million mark.)

But unless you're a hardcore audiophile, MP3 sound files benefit from the number that can be stored onto an MP3 player, a computer or what not. Plus, there isn't any known stat that an MP3 can spew harmful gases into the atmosphere. So it seems the planet is spared from any further harm.

GLAAD honours media

AWARDS Civil rights group GLAAD honoured the movie Milk and singled-out



Reverend Gene Robinson and comedian Kathy Griffin for their work at a Saturday night gala highlighting issues such as gay marriage and equality.

Talk program The Ellen DeGeneres Show was given a GLAAD Media Award for its episode Ellen & Portia's Wedding Day, covering DeGeneres' wedding to actress Portia de Rossi.

DeGeneres dedicated the honour to Carl Walker-Hoover, an 11-year-old Massachusetts boy who killed himself earlier this month because schoolkids bullied him and called him "gay."

The 2009 awards marked the 20th year that films, TV shows, performers and others have been honored by GLAAD, the Gay & Lesbian Alliance Against Defamation. **REUTERS**

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Pamela Anderson wants to host a vegan cooking show in a bikini. The former Baywatch actress would only star in another TV program if she was allowed to don skimpy swimwear and film the series on a beach. FEMALEFIRST.CO.UK

'Bubble' shows in peril

Future uncertain for several modestly-rated dramas

With the broadcast networks' "upfront" presentations to advertisers less than a month away, it's do-or-die time for "bubble" series, those modestly rated shows walking a fine line between renewal or cancellation.

Not all shows that haven't been renewed yet are in jeopardy: For such series as CBS' *How I Met Your Mother*, which traditionally gets picked up at the last minute, and ABC's *Ugly Betty*, the orders are just a formality.

But that can't be said for a dozen or so other series anxiously awaiting their fate.

CBS has the most, including a quartet of long-running procedurals — Without a Trace, Cold Case, Numbers and The Unit — along with freshman drama *Eleventh Hour*.

For all of them — especially the two oldest, Trace and Case — the decision is tied to the shows' economics, as the network pays

most or all of the production costs at this point.

The odds for Trace and Case are considered 50/50 right now, with one of the two expected to come back.

Numbers looks good to return for a sixth season, as does its Friday-night companion, *Ghost Whisperer*, which would enter its fifth cycle.

The prospects for *Eleventh Hour*, meanwhile, do not look good.

The military drama *Unit* also had been considered unlikely to come back, but in a hopeful sign, executive producer Shawn Ryan has been asked by the network to present ideas

for a fifth season.

Of Fox's two bubble series, Terminator: The Sarah Connor Chronicles and Dollhouse, sophomore Terminator

bubble show online is NBC's *Chuck*, which finally showed a ratings uptick this past week but is still performing marginally despite a strong fan base.

Another NBC Monday series, the modestly rated but reliable procedural *Medium*, is said to have slightly better odds to return than *Chuck*, while the quirky cop drama *Life* is expected to join Kath & Kim on cancellation row.

Neither of ABC's midseason entries have broken through, but while *Cupid* has been pretty much written off, the comedy *Better Off Ted* and the dramas *The Unusuals* and *Castle* are still in consideration.

REUTERS



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DVD picks

The Wrestler

Director: Darren Aronofsky

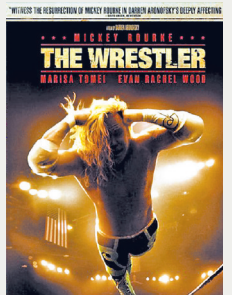
MICKEY ROURKE's the Dickensian focus of Darren Aronofsky's humane, soulful and occasionally humorous portrait of life on the way down from the top.

Rourke's Randy (The Ram) Robinson once enjoyed top-bill success and income, but now he plays for chump change on the nostalgia circuit.

Randy's brutal passion has cost him his marriage, estranged him from his daughter Stephanie (Evan Rachel Wood) and taken a toll on his health. He still pumps his body full of steroids, but now he's also addicted to painkillers for a chronic back problem. His heart tells him that he's living on borrowed time.

His only comfort is a nightclub stripper named Cassidy (Marisa Tomei) whose interest in Randy may be purely professional.

The film is a triumph on many levels, not least of which is Rourke's return as an actor of reckoning. He should have won this



year's Best Actor Oscar.

Also worthy of applause is Aronofsky's return, after the indecipherable astral indulgence that was *The Fountain*, to the well-deep drama that *Requiem for a Dream* proved him capable of nearly a decade ago.

Pity the extras are so lightweight. My review copy has just the Springsteen video of the title song.

Are they saving a Rourke commentary for a deluxe edition?

On the web

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	196	311	7	CTV	Hollywood	etalk	American Idol	(9:01) Fringe (N)	Law & Order: SVU	News (N)		
	208	303	8	CBC	To Be Announced		NHL Hockey: Western Conference Quarterfinal Game 4 - Canucks at Blues			NHL Hockey: Conf. Quarterfinal		
	-	360	9	NBC	Wheel-Force	Jeopardy! (N)	The Biggest Loser (N)	NCIS "Murder 2.0"	Law & Order: SVU	News (N)		
	117	713	10	TVA	Qui perd gagne (SC)		La Fievre de la danse (SC)	Nos etes (HDTV)	TVA 22 heures (10:45) Denis Lévesque			
	-	-	11	QS	Loft Story	Suite 309	Lipstick Jungle (SC)	Pushing Daisies (SC)	Cent dix pour cent (SC)	Loft Story		
	137	763	12	TFO	Panorama		La Révolution de l'imagerie	La Vie est un roman *** (1983, Fantastique)		Tourments		
	-	362	13	CBS	Dr. Phil (HDTV)		Big Bang Th	TwoHalf Men	NCIS "Murder 2.0"	TwoHalf Men		
	216	395	14	OMN2	Raymond	Raymond	News (N)	News (N)	TwoHalf Men	King	Cold Case	
	214	344	15	CITY	Law & Order: SVU		According-Jim	According-Jim	Rita Rocks	Friends	Curb-Enthsm	News (N)
	115	343	16	CFMT	2Half Men	The Simpsons	News (N)	Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)	According-Jim	Dancing With the Stars	Dr. 90210	News (N)	
	-	361	20	ABC	News (N)	Entertainment		According-Jim		(10:02) Cupid (N)	News (N)	
	512	396	24	CPAC	La Période de questions	Heure polit.	L'Heure politique				Revue	Periode-quest.
	561	355	25	CTS	Happy Days	Laverne	Michael Coren Show	100 Huntley Street	Life Today	This Is Day	John Hagee	
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol	(9:01) Fringe (N)	News (N)			
	-	-	64	PBS	All-Star Auction							
news	205	312	104	CTV	Hollywood	etalk	American Idol	(9:01) Fringe (N)	Law & Order: SVU	News (N)		
	502	390	26	NW	CBC News	Newman	Planet Earth	CBC News: The National	CBC News: The National	National		
	500	500	33	CNN	MLB Baseball	Minnesota Twins at Boston Red Sox	Campbell Brown: No Bias	Larry King Live (N)	Anderson Cooper 360 (HDTV)			
	406	417	27	net	MLB Baseball	Minnesota Twins at Boston Red Sox			Sportsnet Con.	Sportsnet Con.	Hockey Central	
sports	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)	Le Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal	
	400	280	30	TSN	NHL Hockey: West Quarterfinal -- Red Wings at Blue Jackets				NHL Hockey	SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Score Update	Score Update	Score Update	Sports Tonight		Hockey Talk	
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Departures "Cambodia"	Mantracker "Buck & RJ"	Bounty Hunter	Bounty Hunter	Departures	
	417	406	59	SC	Pimp My Ride	Pass Time	Low Life	Low Life	Hot Import	Hot Import	Pimp My Ride	
family	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Robot Chicken	American Dad	Moral Ore!	
	557	540	51	FAM	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Ned's School	Cory in House	Zack & Cody	
	551	542	59	YTV	Adrenaline Proj	Survive This	Malcolm-Mild	Futurama	Falcon Beach		Mystery Hnt.	
	570	580	29	MTV	The Daily Fix		Ranked!	Hogan Knows	Entourage	Gene Simmons	The Daily Fix	
	615	520	31	A&E	CSI: Miami (HDTV)		The First 48 "Blindsided"	The First 48 (HDTV)	Manhunters	Manhunters	Manhunters	
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.	UFC Unleashed	Deadliest Warrior (HDTV) (N)	Ult. Fighter		
	521	560	34	TLK	Pregnant for 46 Years		I Didn't Know I Was Pregnant	I Didn't Know I Was Pregnant	I Didn't Know I Was Pregnant	I Didn't Know		
	145	761	35	TV	Survive "L'Orang-outan"		Pekin express: la route des Incas	Santa Cruz-Sucre	Plage	J'y suis, j'y	Journal TV5	
	616	521	39	SHO	The Outer Limits		Mutant X	Testes	Trailer Park	Saving Grace (N)	House	
	620	523	40	BVO	In the Shadow of the Blues		Live at the Rehearsal Hall	Liza With a Z: Concert	Bravonews	Cabaret	Law & Order	
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp (N)	Daily Planet	
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Hope & Faith	Darius Rucker	
	601	562	45	SCL	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride	Rich Bride, Poor Bride	ET Canada	
	625	548	46	COM	Air Force	Just for Laughs	House-Payne	House-Payne	The Simpsons	South Park	Roast of Jeff Foxworthy	
	294	529	47	TBS	House-Hunters	Proper Virgin	House-Payne	House-Payne	Disclosure *** (1994, Suspense)	Michael Douglas, Demi Moore		
	600	564	49	H&G	House-Hunters	Proper Virgin	House-Payne	House-Payne	SarahCottage	Design Inc.	House-Hunters	
	627	528	50	SPC	Stargate Atlantis	(DVS)	Star Trek: Voyager	Torchwood	Ultimate Super Heroes-Villains		Stargate SG-1	
	581	566	53	MTV	Mom & Dad	After	MTV News	Cribs	College Life	Beatdown	MTV Live	
	618	524	54	TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Family Guy	Married...With	Seinfeld	
	522	506	55	HIS	NCIS "Requiem"		Sandhogs "3745 Feet"	Crime Stories	NCIS "Requiem"		Sea Hunters	
	129	773	60	CD	Biographies "Hugh Grant"		Voyage d'été (HDTV) Doc.	Images-chocs	Les Nouveaux détectives		Mayday	
	261	394	61	V	Murder, She Wrote		Chambers	On the Buses	I Prophesy	Supernatural	Poltergeist	
	602	567	62	W	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jerry	Style by Jerry	Maxed Out	
	269	590	70	APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	The Rez	
	621	527	71	TLK	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Look-A-Like	Look-A-Like	The Tonight Show-Jay Leno	TMZ	
	603	561	95	FN	Chef at Home	French Food	Restaurant Makeover	The F Word	Good Eats	Good Eats	Iron Chef Am.	

critics'corner

Saving Grace

When Grace learns that her widowed brother-in-law, Doug, is dating the new bartender at Louie's, she wonders how his son, Clay, will take it — especially since they're talking about moving away. The murder of a young jogger has the squad revisiting similar past cases. Leon gets a blast from his past in the new episode "But There's Clay." 10 PM on 39 SHO



The Biggest Loser

Trainers Bob Harper and Jillian Michaels take the contestants to a grocery store to learn how to shop healthy on a budget! These days that actually is kind of exciting. Also, the contestants compete in a trivia challenge to win an all-expense-paid trip to New York. 8 PM on 9 NBC E!

Deadliest Catch

As the hit reality series returns for a new season, there's more white-knuckle seafaring in store as the crews of the fishing boats Time Bandit, Cornelia Marie, Wizard and Northwestern compete to pull in the biggest catches of Alaskan king crab. 10 PM on 42 DIS

Madge's fall not my fault: Photog

PEOPLE The photographer blamed for startling the horse that tossed Madonna to the ground over the weekend is speaking out, saying he is not responsible for the accident. Paparazzo Thomas Hinton admits that he was the only person taking pictures of the singer's afternoon ride in the Hamptons, but he insists he left before Madonna fell. "If I had startled the horse, I would have gotten pictures," Hinton told TMZ.

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In brief

SHOW Sci Fi Channel is teaming with Will Smith's production company for a new crime drama. The network has ordered *Unfinished Business*, a series about an ex-cop who helps the recently deceased resolve their unfinished business. REUTERS

HollywoodRants

Read the blog at metronews.ca/hollywoodrants

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Grey's Anatomy star Ellen Pompeo and her husband, Chris Ivery, are starting a family together, her rep, Jennifer Allen, confirms to people.com "It's great news," says Allen. "They're ecstatic." **METRO NEWS SERVICES**

Ellen's new family

Celebrity Buzz

Rupert denies having work done

IMAGE Rupert Everett has vehemently denied accusations he has undergone cosmetic surgery — following a string of Internet rumours suggesting he had a facelift, femalefirst.co.uk reports.

A picture of the actor looking noticeably fresh-faced and wrinkle-free surfaced online earlier last week following the star's recent appearance on Rachael Ray's TV show.

The image



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has fuelled speculation that Everett, 49, has resorted to drastic measures in a bid to gain a more youthful appearance. But a spokesman for the star is adamant he has not undergone any cosmetic procedures.

The rep tells British newspaper the Daily Mail, "Why would Rupert need any surgery? He's a beautiful man. Any speculation is completely laughable. He hasn't had anything done and he doesn't need it."

A-list crowd celebrates Kate's 30th

PARTYING Kate Hudson, 63, and her partner Kurt Russell, 58 — lacked for a jaw-dropping roster of A-List guests, including Demi Moore, Ashton Kutcher, Justin Timberlake, Matt

hew McConaughey, Tobey Maguire, Jessica Alba, Cash Warren, Gwyneth Paltrow and husband Chris Martin, Gwen Stefani — and even Cher.



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Mel heads to church

GOOD BEHAVIOUR Mel Gibson, who spent last week in Costa Rica following news of his pending divorce, traded his beach clothes for a suit and tie so he could attend his private church in Malibu, Calif., on Sunday, people.com reports.

"He was drinking coffee with church guests and seemed very relaxed," a churchgoer said about Gibson, who mingled with the other

congregants for about an hour after mass.

Before Sunday, the actor-filmmaker was spotted near his sprawling estate in Costa Rica just days after his wife Robyn filed for divorce after 28 years of marriage.

Gibson, 53, has been recently linked to Russian musi-

cian Oksana Grigorieva, 39.

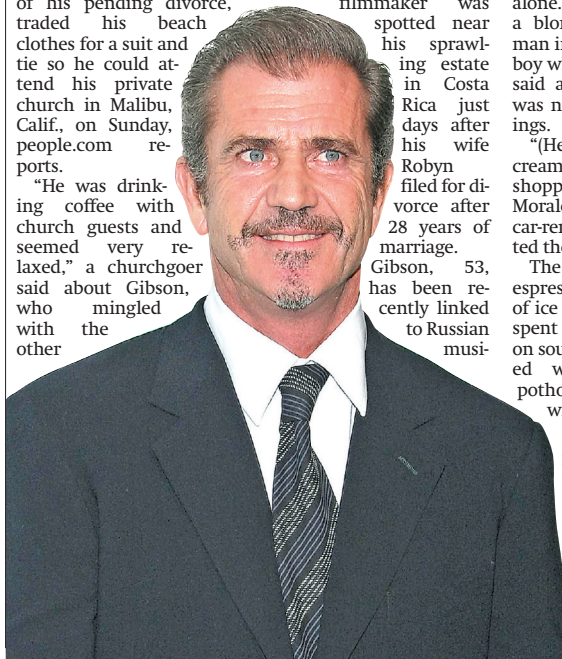
The actor, who appeared to be on vacation, was not alone. He was spotted with a blond-haired woman, a man in his 20s and a young boy who never left his side, said a witness. Grigorieva was not seen on their outings.

"(He) went to eat ice cream and then he went shopping," said José Morales, an employee at a car-rental agency, who spotted the group last week.

The visitors ordered espresso and double-scoops of ice cream before Gibson spent more than \$500 US on souvenirs, which included wooden bowls and potholders, says another witness.

On Saturday, Gibson left Costa Rica. He was seen Sunday attending 9 a.m. mass at the Church of the Holy Family, hidden in the tree-covered mountains outside of Los Angeles.

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Will Naomi settle down in Moscow?

RELOCATION Naomi Campbell is reportedly planning to move to Russia to set up home with her billionaire boyfriend. The beauty has been dating Vladislav Doronin since May and divides her time between her homes in London and New York. But Campbell wants to settle down with Doronin and plans to make Moscow her new base, according to Britain's Mail On Sunday. A friend of the model said, "Naomi and Vladislav are inseparable and she has been spending more and more time in Moscow. He is building a new place there and wants it to be their new home. Naomi is ready to settle down and is completely in love with him."

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WEDDING DRESSES SALE

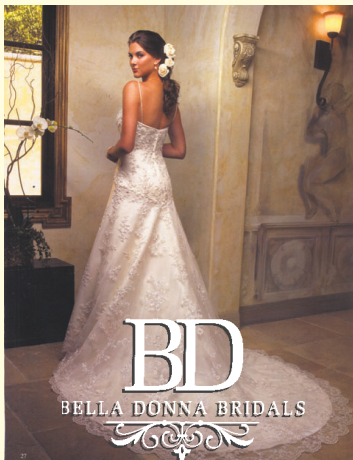
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Is Jen reviving her festival fling?

SPECULATION It seems that Jennifer Aniston isn't hanging around after splitting from John Mayer for the umpteenth time as she is reportedly romancing Gerard Butler, femalefirst.co.uk reports.

The former Friends star broke up with Mayer last month after a tumultuous on/off relationship.

The actress approached

Butler to star alongside her in forthcoming movie The Gora Girls — and their working partnership could become something more after the pair enjoyed a short-lived romance last year,

according to Britain's Mail on Sunday newspaper.

"They had a fling at the Toronto Film Festival last year but it was all kept very quiet," a source tells the publication.

"Now Jennifer's single again, she's no longer keeping her admiration for him secret." **METRO NEWS SERVICES**



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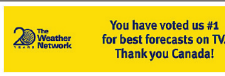
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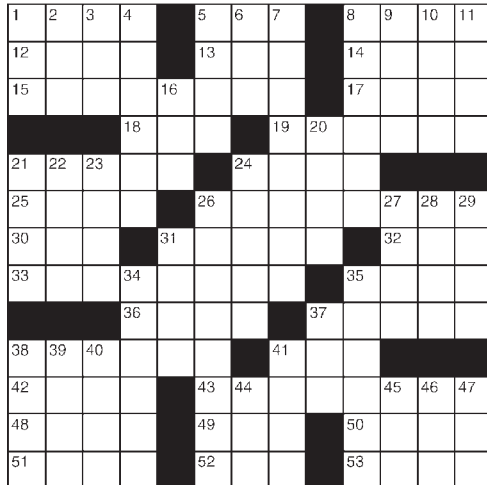
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Kitchens for every lifestyle



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Take Five



Crossword across

- 1 Did some weeding
- 5 Cudgel
- 8 "National Treasure" actor
- 12 Roundish hairdo
- 13 Inventor Whitney
- 14 Rainbow
- 15 Just lie there
- 17 Gridlock elements
- 18 Deity
- 19 Within one's power
- 21 Xbox enthusiast
- 24 Crow or crane
- 25 "Metamorphoses" poet
- 26 Military headquarters
- 30 Automaton, for short
- 31 Leans to one side
- 32 Singer DiFranco
- 33 Cameo's opposite
- 35 Shell-less snail
- 36 Mah-jong piece
- 37 Tether
- 38 "— Preacher Man"
- 41 Vast expanse
- 42 Related (to)
- 43 Hamburger's hello
- 48 1492 vessel
- 49 Greek vowel
- 50 Pop choice
- 51 Carina
- 52 Tatter
- 53 Basin accessory

Crossword down

- 1 Owns
- 2 Frequently
- 3 Mound stat
- 4 Followed relentlessly
- 5 Rosary component
- 6 Elev.
- 7 Included as a part of
- 8 Locust
- 9 Speedy steed
- 10 "You go, —!"
- 11 Being, to Brutus
- 16 Neither mate
- 20 Table scraps
- 21 Asian desert
- 22 Shakespeare's river
- 23 Catcher's prop
- 24 Prove untrue
- 26 Pirate
- 27 Festive
- 28 Responsibility
- 29 At hand
- 31 Workweek's end initials
- 34 Lacking a musical key
- 35 Rap session?
- 37 Director Spike
- 38 Foundered
- 39 "Grapes of Wrath" type
- 40 Baseball team
- 41 Unescorted
- 44 Actress Hagen
- 45 AAA job
- 46 Hearty quaff
- 47 Needlefish

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

YES	FERUS	ASH	2	1	8	4	7	6	5	9	3
ALE	AGENT	LIE	3	7	5	1	9	2	6	8	4
MYANTONIA	ODE		9	4	6	3	5	8	2	1	7
OTT	TINSEL		4	2	9	5	8	7	1	3	6
FLOWER	SNIT		7	5	1	6	4	3	8	2	9
LIP	DIG	SPLAY	6	8	3	2	1	9	7	4	5
AMID	PAS	SANE	5	3	7	9	2	1	4	6	8
BOORS	QUIT	DNA	8	9	2	7	6	4	3	5	1
NALA	PRAYER		1	6	4	8	3	5	9	7	2
SHEBOP	PIG										
TEE	ONE	FOURS									
EAR	PEARL	SUE									
MRS	SAUTE	AGE									

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 minSmart
Under 13 minGenius	21-25 minNot bad
13-17 minScholar	25+ minKeep practising

Metro Recipe of the Day



Herb and Saffron Risotto

INGREDIENTS:

- 1 tbsp (15 ml) butter
- 1 tbsp (15 ml) extra-virgin olive oil
- 1 small onion, chopped
- 1 3/4 cups (425 ml) risotto rice
- 2/3 cup (150 ml) dry white wine
- Small pinch saffron strands
- 1 3/4 qt (1.75 L) vegetable stock, hot
- Fresh-grated zest of 1 lemon
- 2 tbsp (25 ml) lemon juice
- 2 tbsp (25 ml) snipped fresh chives
- 2 tbsp (25 ml) chopped parsley
- Salt and fresh-ground black pepper

TO SERVE:

- 1/2 oz (14 g) piece Parmesan cheese
- Snipped fresh chives

METHOD:

1. Melt butter with oil in large pot over medium heat. Add onion and sauté until soft, stirring occasionally, 4 to 5 minutes.
2. Add rice and stir 1 min-

ute. Stir in wine and boil until almost evaporated. 3. Stir saffron into hot stock. Add ladleful of stock to pot and slowly boil until absorbed, stirring frequently. Continue adding stock ladlefuls, letting each be almost absorbed before adding next, and stirring frequently. Total cooking time: 15 to 20 minutes. Risotto is ready when rice is tender but grains are still whole and firm, and overall texture is moist and creamy. 4. Remove pot from heat and stir in lemon zest and juice, chives and parsley. Season with salt and pepper to taste. 5. Using vegetable peeler, pare thin shavings from Parmesan and scatter over risotto together with chives.

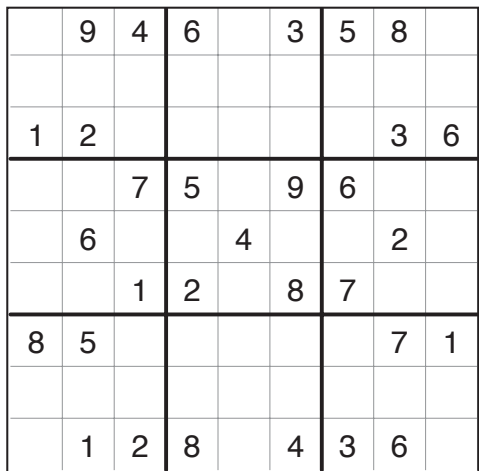
SERVES 6



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Horoscopes

ARIES

MARCH 21-APRIL 20
Keep your sense of humour alive. A sad bid for lenience will fail. You won't want to resolve a disturbance.

LIBRA

SEPT 23-OCT 23
A foreigner inspires a happy moment. Focus your energy on warmth and tenderness. You shouldn't know about certain troubles.

TAURUS

APRIL 21-MAY 21
A message will weaken your resistance. You'll find that insecurity has its rewards. A buddy shares his awareness of the facts.

SCORPIO

OCT 24-NOV 22
A rule-breaker creates an excellent state of affairs. An irrational scheme shouldn't be shared. You will have second thoughts.

GEMINI

MAY 22-JUNE 21
Enjoy your freedom with a clear mind. Brush up on protocol before visiting a superior person. Good luck will be celebrated by a family.

SAGITTARIUS

NOV 23-DEC 21
You'll be magnanimous with outsiders. A craving for faithfulness creates discord. Weird noises cause a ridiculous ego clash.

CANCER

JUNE 22-JULY 22
A dignified person wins over a loser. Climb out of a comfy rut if you want to get ahead. An opponent makes lousy decisions.

CAPRICORN

DEC 22-JAN 20
An elder inadvertently helps a bad guy. Glad tidings make dreams come true. A wonderful fantasy causes a revolution.

LEO

JULY 23-AUG 23
A concerned friend will speak carefully. Don't bore yourself by brooding. You'll waste time with the wrong people.

AQUARIUS

JAN 21-FEB 18
You'll smile at an unexpected moment. An admirer is interested in your goals. Your motivation becomes strong and mighty.

VIRGO

AUG 24-SEPT 22
A shy person has an unshakable defence system. A needy guy gets a boost by a great job offer. Be ready to give something away.

PISCES

FEB 19-MARCH 20
A senior's warning goes unheeded. A parent has an earthshaking surprise. A younger person's influence will please you.

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